

demonstrated not only the influence of advocacy but the power of action as well. She ensures that this important movement will not "stand idly by" as she continues to provide educational awareness, advocacy and direct relief efforts in the killing fields of Sudan and war-torn Congo.

Madam Speaker and distinguished colleagues, I ask you to join me in saluting Janice Kamenir-Reznik for her invaluable contributions and dedication to the JWW cause.

NOVEMBER IS AMERICAN
DIABETES MONTH

HON. EDOLPHUS TOWNS

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

Monday, November 29, 2010

Mr. TOWNS. Madam Speaker, I rise today to acknowledge November as National Diabetes Month. This is a time for us to officially recognize the importance of and to increase the awareness of this relentless, debilitating and—without question deadly disease. If left undiagnosed or untreated, the consequences of diabetes are far more serious than many people realize. This month is an opportunity for Americans to look at diabetes differently and to get involved to stop and prevent this disease.

Currently, there are nearly 24 million American children and adults who have diabetes; there are another 57 million Americans that have prediabetes, putting them at high risk for developing the disease. Every minute three people are diagnosed with diabetes and over 700,000 New Yorkers have the disease—almost a third do not know they have it and more than 100,000 of them with very poorly controlled diabetes are at high risk of heart attack, stroke, kidney failure, blindness, and amputations.

The American Diabetes Association estimates that the total cost of diagnosed diabetes in the United States is more than \$174 billion annually. Further published studies suggest that when additional costs for gestational diabetes, prediabetes and undiagnosed diabetes are included, the total diabetes-related costs in the United States could exceed \$218 billion each year if people do not have access to the tools necessary to manage their diabetes. Every day, nearly 200 people with diabetes will undergo an amputation, 130 people enter end-stage kidney disease programs and 50 people go blind from diabetes. Diabetes kills more Americans each year than breast cancer and AIDS combined.

Diabetes is not merely a condition; it is a disease with deadly consequences. Drastic action is needed from everyone for we simply cannot afford to continue to ignore this epidemic. The most critical thing you can do is to take control of your own health and to encourage your family and community to do the same. Fortunately, there are a number of steps you can take if you have or are at risk for developing diabetes. Everyone can start by knowing the "ABCs of diabetes"; this will help in keeping it under control, as well as, prevent or delay any serious and deadly complications. The ABCs are simple and consist of the following:

Average Glucose—Most people with diabetes should check their A1C (a measure of av-

erage glucose) every 3 to 6 months. The A1C test measures how well they are managing their diabetes over time. A1C can also be reported as estimated Average Glucose, or eAG. In most cases, it is important to keep A1C less than 7 percent (eAG less than 154 mg/dl).

Blood Pressure—People with diabetes should have a target blood pressure of less than 130/80 mmHg.

Cholesterol—LDL (bad) cholesterol should be below 100 mg/dl; HDL (healthy) cholesterol should be above 40 mg/dl for men and 50 mg/dl for women; triglycerides should be below 150 mg/dl.

Diabetes is an epidemic in New York City, fueled by the increase in obesity nationwide and worldwide. In the past 15 years, the number of people with diabetes in NYC has more than doubled. In 2008, 550,000 New Yorkers reported being diagnosed with diabetes. Though serious, diabetes can be prevented and controlled—weight management is an important step.

Therefore, I encourage everyone to talk to their doctor, participate in some form of physical activity, maintain a healthy diet and take your medications. These are just a few preventive measures that you can do in taking control of your diabetes. So, please join me in recognizing November as National Diabetes Month and increasing the awareness by jump starting your way to a healthier life.

PERSONAL EXPLANATION

HON. JOHN BOOZMAN

OF ARKANSAS

IN THE HOUSE OF REPRESENTATIVES

Monday, November 29, 2010

Mr. BOOZMAN. Madam Speaker, on rollcall No. 569, I was not present and am not recorded due to a family illness. Had I been present, I would have voted "yes."

IN HONOR OF ANASTASIOS
(TASSOS) EFSTRATIADES

HON. ROBERT E. ANDREWS

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

Monday, November 29, 2010

Mr. ANDREWS. Madam Speaker, I rise today to honor Mr. Anastasios, Tassos, Efstratiades, whose personal commitment to preserve the proud heritage of Cypriot Americans and efforts to raise awareness of the continued strife in Cyprus is worthy of recognition.

Mr. Efstratiades's love for his homeland is admirable and his accomplishments as a father and businessman are truly inspirational.

Mr. Efstratiades, a partner at Obermayer, Rebmann, Maxwell & Hippel, LLP, has been named Chairman on both the Governor's Commission on International Trade for New Jersey and the Cherry Hill Economic Development Committee. He has also served on the New Jersey General Assembly's Task Force on Business Retention, Expansion and Export Development. In these roles Mr. Efstratiades has demonstrated his abilities as a leader, spearheading efforts to improve commerce and create economic growth, contributing di-

rectly to the well-being and prosperity for many families in Southern New Jersey.

As a leader in Greek American initiatives, Mr. Efstratiades's service is truly extraordinary. Serving as chairman of the Greek American Chamber of Commerce, he has worked to cultivate relationships and ease business struggles for countless Greek and Cypriot-American businesspeople. Mr. Efstratiades's civic leadership helped him earn this prestigious title, while his tireless efforts have garnered him the respect and admiration of his peers and colleagues.

Madam Speaker, Anastasios Efstratiades's commitment to South Jersey must be recognized. I wish him the best in his future endeavors and thank him for his continued dedication to Cypriot Americans.

POSTHUMOUS TRIBUTE TO
SERGEANT WILLIE JAMES QUINCE

HON. BILL PASCRELL, JR.

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

Monday, November 29, 2010

Mr. PASCRELL. Madam Speaker, I would like to call your attention to the life and work of an outstanding individual, the late Sergeant Willie James Quince of Paterson, New Jersey, whose life will be celebrated during a memorial service on Monday, November 29, 2010, at the First A.M.E. Zion Church.

It is only fitting that he be honored in this, the permanent record of the greatest democracy ever known, for he served countless others throughout his lifetime.

Sergeant Willie James Quince was born in Valdosta, Georgia, in 1921 to Mr. Remer Quince and Helen Braswell. His family moved to West Palm Beach, Florida, for where he finished elementary school and graduated from Industrial High School. He went on to courses at Purple Kerpels School of Mechanical Dentistry in New York City, NY. He then studied 4 years at the Jones Barber School in Atlantic City, NJ, and the Interracial Barber College in Atlantic City, NJ, graduating in three years. After graduation, he moved to Paterson, N.J. in January 1958 and opened Quince's Barber Shop.

He was married to Mary M. Quince for 61 years, and together they raised five children, Wiley "Sonny" Quince, William A. Quince (Linda), Madgeline Z. Quince, Sylvia A. Lucas, and Kelvin C. Quince (Cora); and also now have ten grandchildren and thirteen great grandchildren. Mr. Quince was a faithful husband, dedicated father, grandfather and great grandfather, and a committed community servant. He earned many accolades and had a long record of accomplishment as a forerunner for civil rights and a leader throughout Paterson. He was a long time member of First A.M.E. Zion Church where he was elected Man Of The Year multiple times, served on the Board of Trustees for 31 years and served as Chairman for 15 years. He also served on the Steward Board, Usher Board, The Dreamers, The Kitchen Cabinet, and The Zion Seniors.

He served our Nation as a Drill Sergeant during World War II Army Air Force and received the Medal of Good Conduct, WWII Victory Medal and ATO Medal. He was an Honored Life Member of the NAACP Paterson